



Let's not forget
College building
Remembrance Day
celebration
Page 2

SPOKE

A LEARNING NEWSPAPER FOR JOURNALISM STUDENTS



Staying hydrated
New station
students write and
is more sanitary
Page 2

Volume 10 Number 10 October 2000 \$1.00 per copy (includes postage and handling charges)



PHOTO BY SARAH HARRISON

April Caporale (from left), Sarah Hardest, Amy White, Kelly Barker and Lisa Brown dressed up as a box of crayons for the OSI Halloween Pub Night, each being a bright, different colour. For more photos see Page 8.

Halloween hijinks

Students get creative at pub night

By SARAH HARRISON

Conestoga students did the monster march through the fog Oct. 18, decked out in creases, parasites and even good girls gone bad. Conestoga Students Inc.'s Halloween was the scariest event with orange and black streamers, fake cobwebs and anyone is to be afraid of the noise. The music was loud and the students had a great time on the dance floor under flashing lights. There was even an outdoor coffee. Students went all out, dressing as professors, cheerleaders, construction workers and, of course, superheroes. Many were more laughs costumes, although some came off their creativity and imagination through their costumes alone.

"The Heroes Pub Night has always been successful," said Tara Harvett, OSI event coordinator. "Many students always want to dress up and go somewhere fun and eating with their friends." There was a contest for the best costume which was decided based on the costumes from the audience. The person who received the loudest response was. First prize was \$50 and second prize was \$25. The event, which was held at the 100-person capacity Conestoga Pub was sold out by Oct. 20. Harvett said the pub is a good location to hold all 250 people who bought tickets attended at some point.

"I really enjoyed this year's Halloween Pub Night. There was a lot of creative costumes and, overall, I believe everyone had a good time," said Harvett.

"The Heroes Pub Night has

Conestoga students support the United Way

Business foundation students compete against each other to raise the most money

By NICOLE FRANK

Students had two to two 20 raising money for the United Way. With a donation of any amount, students could try their luck at a variety of games sponsored by first year business foundation students at Conestoga. Quarter Horse, blackjack, roulette and more were all offered in the Student Life Centre at noon.

Colin Brown was one of the students working hard to raise money. He set up a miniature golf course for the dorms to enjoy. Brown explained his intention to his business foundation course were split into three groups and they were all competing against each other to raise the most money.

"We had a lot for a great

time," Brown said. Conestoga College has reached about 75 per cent of its goal to raise \$50,000 for the United Way.

Stephanie Martel, a student from the University of Waterloo, with the United Way and she came to Conestoga to show her support and help raise money. She is thrilled about all of the change she has passed from her involvement with the organization.

"I have learned so much about the community," Martel said.

Contributing students also had an opportunity to enter their names in various drawings for some great prizes, including a Range Rover. \$10 gift certificates for Conestoga Fresh Market and a Peter Dinklage Toys too!



PHOTO BY NICOLE FRANK

Shane Leary and Tricia Macleod battle each other at a game of Quarter Horse. The United Way was moving for a donation of any amount for a chance to "rock out" at Conestoga on Oct. 20.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

If you could be on any reality
TV show, what would it be?



"The Amazing Race
because it would be just
crazy to do."

Kyle Banno,
third year
A&T

"Survivor, 100 per cent. It's
awesome. I'd be making
money, and I would be the
one kicked off for actually
doing what he is supposed
to."

Edward Hsu,
first year
police foundation



"What Not to Wear. It
would be nice to get a
shopping spree and a new
wardrobe."

Brian Vise Every,
third year
marketing

"The Amazing Race,
because it seems like an
epic adventure."

Dean Berman,
third year
marketing



"America's Next Top
Model. They always have a
top that goes on television."

Brenda Greenfalcon,
third-year police
foundation graduate

"That lip-sucker show, MAC.
There's no other game
show like that. Or
American Idol/cover."

Brent Campbell,
third year
marketing



Scott Campbell, you could be the next important!

Get hydrated at new station

By STACEY PALCHNIK

If you haven't noticed yet, Conestoga has recently become a little greener. A new Hydration Station has been installed near the graphic design wing and by the library to reduce the amount of bottled water being used. The station cost approximately \$1,400.

According to the Hydration Station website, installation of one "On average, bottled water costs between \$40 and \$50,000 (times) what tap water costs. Hydration stations can save fresh, potable water — a perfect substitute for costly bottled water."

"We find it is reduce," said John Talamona, a professor and a member of the Green Committee at the college. "We should reduce the number of plastic bottles we use. Every year, we're taking bottles that are drinking bottled water."

People tend to depend about the cost of bottled water, or reduce."

Students have already been filling their water bottles with pure and freshly filtered water — largely from the Hydration Station. Some have even carried at other Conestoga campuses. They will be adding more across the campus. However, there is no time frame for this to happen.

Not only will this Hydration Station reduce the number of plastic bottles used at Conestoga, but since the hydration station has touch-free hygienic water operation, it is cleaner. This reduces the risk of infection and Conestoga students can feel good while drinking the school's water.

"We found students using it as often as twice, especially only the H&H ones around and Talamona."



PHOTO BY STACEY PALCHNIK
A student fills a second-year police foundation student's life. The water bottle with filtered water.

Police stations will be integrated into the department's old water. When new ones are purchased, the new filtered water will be served to the police station.

COUNSELLOR'S CORNER: Suicide

When we are going through difficult times, it may seem hard to believe the pain will ever end. Suicide may seem like the only answer to problems. People who have considered suicide may feel helpless, desperate, or that there is no hope in their lives. If you are thinking that life is unbearable, or you are wondering if a friend may be suicidal, here are some warning signs to consider:

Loss of: — escape, having no future, being alone, feeling hopeless or helpless, suicide, death, or plans for suicide.

Feelings of: — desperation, hopelessness, disconnection from family and friends.

Suicidal: — relationship problems, work problems, school/financing grades, trouble with the law, family breakdown, sexual/physical abuse.

Physical Changes: — lack of interest/passion in all things, lack of physical energy, disturbed sleep, loss of sexual interest, loss of appetite.

Behaviour: — alcohol/drug abuse, fighting, law-breaking, emotional outbursts, dropping out of school, prior suicidal behaviour, putting others in order, giving away prized possessions to friends and family, telling final wishes to someone close, a sudden and unexpected change to a cheerful attitude, behaviour that is out of character (i.e. a serious person who suddenly becomes reckless).

If you suspect that a person may be suicidal, ask them about it and encourage them to share what is happening with them. Talking about suicide with someone does not support suicide; it only shows that someone cares about what they are going through.

Suicide is a permanent solution to a temporary problem.

If you feel that any of the information applies to you or someone you know, ask to speak to a counsellor in Counselling Services, Room 1418B.

In case of an emergency, after hours, please contact the Meville Crisis Team @ 1-888-380-4568 (toll free).

Cartoon by Dan



Scholarship winners recognized at Conestoga

By JENNIFER HENDERSON

The winners of the Millennium Excellence National In-course Awards for Conestoga College were recognized at the latest board of governors meeting on Oct. 20.

Winners are currently studying at Conestoga and were selected based on academic, personal, community service, leadership and potential. Many were awarded as follows by the college: a diploma from a cooperative program of \$4,000 to a two-year student of \$10,000.

Honours awarded a reward certificate, a medal of excellence and a bookplate from college president John Tibbitts and board of governors chair David Joynton.

Winners and their programs were: Frances Clark-Miller, broadcast television; Matthew Kennedy, business administration — financial planning; Erin Macrae, computer graphics diploma; Kelly Krieger, assistant Albert Heijn and various information and business career, general business.

This was the final year for the Canadian Millennium Foundation, Canadian-based national undergraduate merit scholarship program. They

are currently winding down and will submit their final financial statements for 2000 next year. The foundation will be dissolved in 2002.

The college board of governors meets monthly and is made up of outside community members, college staff and the president. They provide leadership and set goals, objectives and the direction of the institution. Members review and approve the school budget, business plan, annual and financial reports and also approve any contracts the school enters into.

The board of governors will meet again on Nov. 20 at 5:00 p.m. in the Guild Room.

In other board of governors news:

■ Sandra Schelling, dean of continuing education and corporate training, made a presentation explaining and updating board members on research, career and skills development programs. The focus took of career as a hot topic due to specific recommendations from previous board members, but Conestoga College Scholars is a viable industry and hopes to have new programs starting by the end of November and by January.

■ Members outlined a con-

struction management contract for the new Cambridge campus. The \$1.2 million contract went to Verdon Construction.

■ Members approved three proposals related to the new Imperial campus. Finally, Conestoga confirmed that it will develop a power training centre according to the Commissioner's adjustments. A decision of 4/4 vote of board from the town of Imperial. Finally, the construction manager position has been awarded to The Weber Poly Partnership. The contract is complete by the end of March 2001 to receive funding.

■ There are now 5,700 students enrolled in full-time study at Conestoga College. The most significant increase in first-year students was at 5,427 compared to last year's total of 4,807.

■ There are now 1,000 students registered in the disability centre.

■ A strategic planning report will be submitted for review. This will establish a five-year plan for the college with messages to be held over two sessions. Dates will be confirmed later.

Women empower women

By ALAN COOPER

Women on trades and technology programs turned out for an annual classroom event on Oct. 20 to share experiences and insight on working in male-dominated professions such as technical, construction and computer programming analyst.

Kate MacIntyre, vice-president of the schools of engineering and information technology and trades and apprenticeship, was the only man at the discussion.

He said events such as this are needed and a student's time at Conestoga is valuable.

"It is facilitated by support to suggest male women in careers in technology," he said.

John Richardson, chair of engineering and information technology, opened the evening's discussion by introducing three guest speakers to the approximately 90 women in attendance.

Tina Selkowitz, who graduated from Conestoga's mechanical engineering and technology program in the summer, had a positive message for women in programs such as the one she attended.

"Keep an open mind, and don't let your fears get in the way," she said.

Shirley Skene, a single

mother of two teenage daughters, has overcome many obstacles in her post-secondary career. After graduating high school 20 years ago, she enrolled on Conestoga's computer programming analyst program. Unfortunately, that year the college went on strike and Skene went to work as a welder.

"I didn't think to come back to school until a leg injury prevented me from working," Skene said.

Now attending her third year at Conestoga through WSIB, Skene's grades continue to soar with an average well over 80.

From my 18-year-old women in comes to Conestoga and take the same classes I'm in," said Skene.

Betty Deane, a hardware architecture construction technology student, was originally attending Humber College, but made the switch to Conestoga because of the high employment numbers after graduation.

"It was definitely the right fit for me. I wanted to be an engineer," Deane said.

Marionette Hahn, a second-year civil engineering student, attended last year's discussion panel and was inspired by Skene's story.

"You may underestimate it, a meeting like this goes through all that," Walter said.

"The point of what you've accomplished," Skene said.

CORRECTION

In the Nov. 8 edition of *Spoke*, a second year student working student's name was spelled incorrectly due to a production error. Lisa Harrison was a first year at 12,000 after receiving a transfer to the program. *Spoke* apologizes for the error.



Today, 1 in 5 people with diabetes survives heart disease.

Help reverse the trend. Start getting less fat.

Celebrate

Random Act Of Kindness Day

Reach out to another person through a Random Act of Kindness!

Pick up a Random Act of Kindness Card and 'pay it forward' when performing an act of good faith.

Check out the Student Life Centre, Door #4 & Door #6 for ideas on kind acts & to also get your Kindness Card!

Student Life
every other door

CONESTOGA STUDENTS INC.

THE YOUNG BUSINESS LEADERSHIP FOUNDATION

Friday Nov. 13th!

By the difference **RESPECT**

THE GOOD THE BAD AND THE UGLY



It didn't matter what you were dressed up as at GSA's Halloween Fun Night: whether it was a girl gone bad... a police officer, characters from the movie *Freaky*, or a football player — Genesee students were there to have fun.

PHOTOS BY SARAH MACINTOSH





CSI REGATTA

PHOTOS BY DANE BRADON

Students competed in a regatta competition at the regatta Oct. 29. Students in teams of two built cardboard boats to see how fast they could float about the length, the winning team was Team Silver (captain of Alexander Salskoff and Jennifer Piro). There was a tip to Dinosaur Beach, Fla., courtesy of Breakaway team.



Career Planning Workshop

Want to learn about managing your career?

Our Intro to career planning workshop is a perfect place for:

- learn about career planning
- do an interest inventory
- get great resources for managing your career path

Tuesday November 10 @ 11 in 3032
or
Thursday November 12 @ 12 in 1023

University Planning Workshop

Want to know more about planning for university?

Our university planning workshop is a perfect place to learn about:

- degree options
- choosing a program
- application process
- transcripts and fees

Tuesday, November 10 @ 12 in 3032
or
Thursday, November 12 @ 11 in 1023

Seating is limited. Students interested in attending either of these workshops will need to register by sending an email to:

registrar@university.edu

Career Advising

Student Life Center

Room 1A183

(519) 748-5200 ext. 2295

PITCH-IN!



It's ECO-logical!

MAKE A WISH.

Remember
to recycle
for recycling.

HOROSCOPE

Week of Nov. 7, 2009

Aries

March 21 - April 19

This week a Ptolemaean will attract you. These days weigh less than 14 pounds and are very easy to dig in to.

Taurus

April 20 - May 20

On Thursday you will get a supreme pleasure that will become inferior. This will leave you to remove the pressure, which is in the long run, a good move.

Gemini

May 21 - June 21

You will make the unfortunate decision in a fit. A Mercury passing. This will make you look undesirable, lucky and trendy.

Cancer

June 22 - July 22

On Wednesday a pie will get run at the face. This will be rather unfortunate if you are wearing white or if you have food allergies.

Leo

July 23 - August 23

This week someone will try to convince you that the Twilight books are light, naive literature. You will make them cry making you feel guilty.

Virgo

August 23 - September 23

At some point this week a small child will compliment your teeth later. You should either get a job with kids or trim the hair.

Libra

September 23 - October 23

A professor will hold a replica of your desk out of paper mache. Be careful what you put on your desk.

Scorpio

October 23 - November 23

You will wake up on Monday to find your mouth is full of purple lilies. You chewing on pillows or something you did in creating this.

Sagittarius

November 23 - December 23

A student will hit you in the forehead on Wednesday. Beware of the sound of a passing motor. This will make a mess.

Capricorn

December 23 - January 19

You will have an allergic reaction to a winter costume that has been lying around your home since Halloween. You should get some more.

Aquarius

January 20 - February 19

A dirty diaper will land on your head on Friday. Carry an umbrella. This is likely to be only one incident and not full of love.

Pisces

February 20 - March 20

An elderly woman will drive a go kart into your bedroom. Show her how to drive's better, you have limited options.

Nick Deino is a second-year journalism student who makes these up for your amusement.

Hand carver at woodworking club Nov. 9

By MICHAEL GOODMAN

If you have an interest in woodworking, and design, there's a new club on campus that is perfect for you.

Members of the Theta Lambda Club are hoping to offer at least one seminar a month with guest speakers as well as skill development workshops. They are also aiming to meet once a week in a classroom made available to the club.

"We are in our infancy, operating for only three weeks," said Ben Wright, one of the club's founders. "But, thanks to our dedicated members, we believe we've developed the confidence required to make this club a success."

On Nov. 9 from 7 to 8 p.m. in the woodworking building, Room 950, world-class hand carver Peter Flindley will be the guest speaker. All students who are club members. Tickets are free to members or \$2 for non-members, and can be purchased at the door.

"The club is always on the look out for guest speakers, inviting students' suggestions and requests through email at theta_lambdaclub@gmail.com. Members hope to attract more visitors and invite experts in areas related to woodworking and small business management."

Our goal is to offer an educational and informative forum for people interested

— Ben Wright

On Nov. 23 Theta Lambda Club members will welcome their second guest speaker, Rosemarie Day attending in the seminar starting at 10:30 a.m. Members are encouraged to pick up their papers at the Student Life administration desk, 124 to be held services for a small donation.

During the ceremony students and staff will be speaking



Guest speaker, Rosemarie Day

Club founder Ben Wright, Ben Wright, and Ben Wright are accompanied by their lifelong representatives, Chris Foster, Leslie a Peter Flindley carving.

makers, which is a tool used to shape, reduce the thickness of and impart a smooth surface to a rough piece of wood.

"Our goal is to offer an educational and informative forum for people interested," said Wright.

While Theta Lambda Club is growing rapidly with 23 members and over 100 people on their email list, they are

always looking for new members. The cost of a membership is \$10.

For more information on the group or how to join, go to www.thetalambdaclub.com or contact Ben Wright at benwright@thetaclub.com. All students, regardless of their woodworking and design are welcome to attend any seminars and presentations.

Conestoga remembers Nov. 11

By LISA BUCHER

On Nov. 11 Student Life and Conestoga Students are holding a 25-minute, Remembrance Day ceremony in the common starting at 10:30 a.m. Members are encouraged to pick up their papers at the Student Life administration desk, 124 to be held services for a small donation.

During the ceremony students and staff will be speaking

College ceremony starts at 10:30 a.m.



about their experiences.

There will be two minutes of silence at 11 a.m. announced over the PA system by a student official, allowing everyone to take that time to stop and pause.

Last year was the first time a ceremony was held on campus and there was a guest speaker. said Conestoga Student Life received many emails after the event commending on how well it was to have something on campus.

Documentary sparks activism at Conestoga

INVISIBLE VOICES

A presentation by the non-profit organization Invisible Children at Conestoga College inspired many students to take action to help the child soldiers who have been kidnapped and forced to fight in the long-running war in Uganda.

Sponsored by Conestoga Students Inc., the documentary story shown in the sanctuary on Oct. 24 was created by three young filmmakers from California who travelled to Africa in 2004 and filmed across a large group of children who come together to fight so that they would not be kidnapped by a rebel group called The Lord's Resistance Army. The group, led by a man named Joseph Kony, takes the children and forces them to fight in his war against the government of Uganda.

Invisible Children organizes screenings of the film at schools across North America in order to create awareness about the situation and encourage people to petition their government to help end the war and end child and slave slavery to help families reunite, help for the people of Uganda.

Colin O'Shea and Stephen Brown, representatives from Invisible Children, were on hand to answer questions from the audience and sell T-shirts and other merchandise to help fund the organization's charity work. The group is on a six-and-a-half month tour of schools in the eastern part of the country with a group of rebel teens from both Canada and the United States. Another group of volunteers is visiting schools in western Canada.

"The movie doesn't really talk about the conflict in Africa," said O'Shea, 25, from Connecticut. "It's been going on for 34 years and nobody's really put out much effort to bring it to an end. And those countries don't have the resources to bring it to an end."

So we want people to know that I (O'Shea) probably never and I (Brown) never will be heard, that they want their local government leaders and world-wide leaders to work to bring war to an end and help Africa recover after it ends."

During the screening, most students are already crying while watching the brutal and disturbing images and some were unable to hold back tears at the sight of the starved children.



PHOTO BY WILLIAM MCGEE

Jean Nelson, a first-year nursing student, signs a petition against child soldiers in Uganda after an Invisible Children presentation in The Sanctuary Oct. 24.

"I thought it was really good," said Jean Nelson, a first-year nursing student. "I knew what was going on but I had no idea it was that bad."

However, it, from Nova Scotia, said, "We like to connect people more through projects than through words on a page because we hear so many statistics that there are thousands and thousands of kids being affected by the

problem. When you see the images and the words along with the film, it brings a different attitude to it. It just gives a lot of people's attention."

After the presentation, a crowd of students lined up around the movie table to take a petition or sign up for a monthly donation to support the cause. Many signed the organization's

petition to end the war in the form of "accept weapons" for Joseph Kony that will be presented to U.S. President Barack Obama in December. Invisible Children's website, www.invisiblechildren.com, has many of the signature lists visible as well as more information on the child soldiers, the war in Uganda and among the campaign for peace in the region.

Humber Hawks feast on Conestoga Condors 61-0

BY MIKE MUIR

The men's varsity rugby team left the field with heads down around their heads after a 61-0 loss to the Humber Hawks in Toronto on Oct. 28.

On that dreary day, the Condors were badly outplayed. On that day, much toward Humber's, and they only managed to gain 14 yards before turning the ball over.

Humber scored their first try 10 minutes into the game, and then kicked through the uprights for the next three points for an 8-0 lead.

At half-time, Conestoga was trailing by a score of 25-0. The Condor offense was nowhere to be heard, and the defense was constantly back on its heels.

Humber the hawk after in the first half, the clouds parted and shed some light on the Condors' problems. But before the second half could begin, it started to rain over and the slaughter resumed.

The Hawks picked up where they left off and scored early and often. Ten more times they penetrated

the Condor defense and ran freely down the field. Conestoga just couldn't stop them.

"Tackling was the biggest thing," said head coach Jeff Desmarais. "The defense was there, we just didn't make it. We like that our defense."

He said it's hard to position tackling when you get a small squad out for the game.

"The team we usually line out 20 to 30 guys and keep 20 to 40."

Conestoga is a much smaller team than Humber, but there are other underlying reasons why rugby comes out to the students at Conestoga.

"We're in some programs on education who encourage guys not to play because of injury, which needs to be addressed," said Desmarais.

"We suffer greatly for it. You've got guys out last leaving their kids and this is the reward, a 61-0 game."

Desmarais said the police foundation and parents' program encourage students from coming out, and he can't help it.

"You can't tell kids not to play, especially for your school."



PHOTO BY MIKE MUIR

The Humber Hawks fly through the Conestoga Condors' defense en route to a 61-0 victory.

Carlynn Harris, co-captain for the police foundation, said she wasn't aware of the game and couldn't attend.

Vince Tachonakis, 18, plays guard forward for the Condors, and it is his second season with the rugby team. He's also his last game.

"I came from a town way up north on Manitoulin

Island," said Tachonakis. "Rugby is just new to me, and I wanted to come down south to play."

He was born and raised on a reserve called M'Chingung. "I play on going to Guelph University and taking education, programming and try and play rugby for four years or more."

Desmarais has some ideas

on how to improve the team and program.

"They have to play in the summer. We've got about three or four people who play and the rest just don't do anything," he says. "You have to build from the ground up as opposed to having a nice platform to work from."

FREE LIVE COMEDY SHOW

CONESTOGA
STUDENTS INC.

SUGAR SAMMY

"COMEDY'S NEW ROCK STAR"

★★★★

"A STAR ON HIS WAY TO
BECOMING ONE OF THE COMEDY
LEGENDS OF OUR TIME"

"SUGAR SAMMY'S DESTINED
FOR GREATNESS"

THURSDAY NOVEMBER 19
SANCTUARY AT NOON



ARE YOU THE NEXT CSI IDOL?

SIGN UP IN THE CSI SELF SERVE AREA, ROOM 2A106

NOV. 9 - NOV. 12 AUDITIONS

NOV. 26 FINALS



FOR RULES, REGULATIONS AND DETAILS VISIT THE CSI OFFICE